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CARRIER PRE-SORT

Carmel Valley Sun

FREE

October 30, 1985 — November 16, 1985

An artist with many talents.

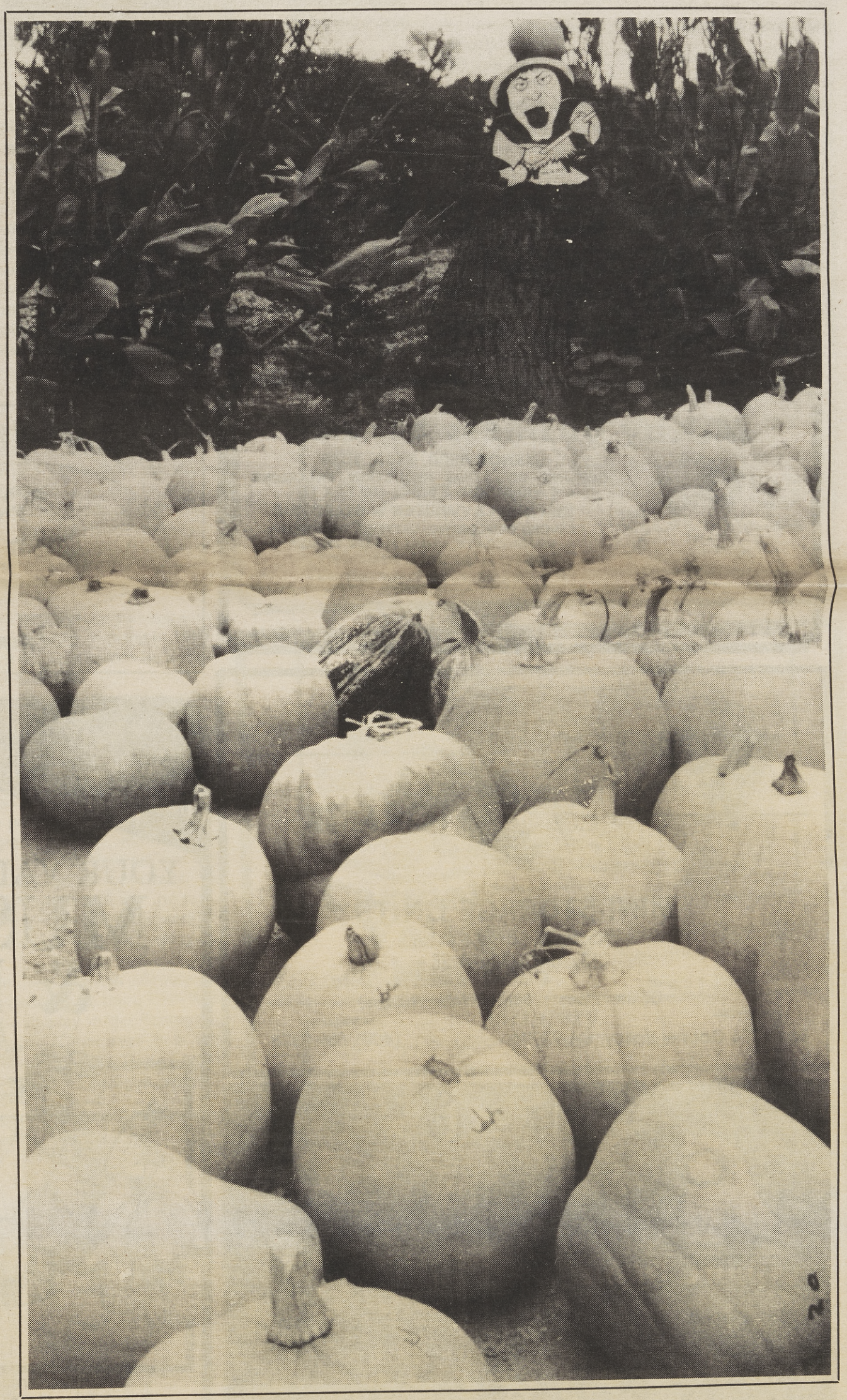
— Page 3

New rules for dogs in pick-ups.

— Page 4

Favorites from their past.

— Page 16



LETTERS

Letters to the Editor are welcome from our readers. They must not be more than 250 words, and if possible, typed and double spaced. We reserve the right to edit, discard or return to the sender any letter which does not meet the standards of length or good taste. All letters must be signed legibly and include address and telephone number.

Thanks to the Educators

Recently, I heard a man speak disparagingly about educators taking over the governments on the Peninsula, citing two on the Board of Supervisors, two on the Monterey Peninsula Water Management District and three on the Monterey City Council. I was indeed puzzled. Who better, I thought, than those who have learned how to study issues carefully and thereby earned advanced degrees, and whose professional responsibility is to teach our future leaders how to study and make decisions? I say thank you to those hard-working educators for serving us so well.

Vera Pietrobono
Del Rey Oaks

Progress Makes Horses Obsolete?

I used to own a horse in Carmel Valley when there used to be a lot of beautiful meadows to ride my horse to. That was many years ago before the developers discovered Carmel Valley. Stabling and owning a horse has become an archaic tradition that is a contradiction in our contemporary technologically progressive and sedentary life-styles in Carmel Valley. So I traded in my horse for a brand new combustion engine vehicle with turbo-charge, 4-wheel drive and a state-of-the-art PVC interior.

I used to spend a lot less time following caravans of stinking diesel trucks before the developers made their presence known in Carmel Valley. I find myself breathing a lot more exhaust fumes from construction trucks driving up and down Highway 1. Most of the riding trails that I used to ride on, are now paved roads to suburbia in the hills. It has become too dangerous to ride a horse anywhere near the big new roads in Carmel Valley. Cars and horses just don't mix. I feel like I have lost something. The Master Planners of Monterey County obviously don't care about people who ride horses and avoid cars. Isn't progress just wonderful?

Wendy Smith

No New Dam

I decided to run for director on the Monterey Peninsula Water Board in the November 5, 1985, election because, I and Michael Bogatirev want to use this office to stop the Spanish Bay golf course-hotel project and we do not want any new dams in Carmel Valley. Only the developers need a new dam so that they could build more Spanish Bay type developments all over Carmel Valley and on the Peninsula.

We want to restore the wildlife habitat in Spanish Bay which the Pebble Beach Co. just got through destroying. What the Pebble Beach Co. has done was a violent act against nature, wildlife and our communities. The California Coastal Commission failed to protect our prescriptive easement rights through the dunes in Spanish Bay and the State Parks have made it all but illegal to walk on the sand in the dunes. While the State keeps building more buildings in the dunes. This is just too hypocritical for us. We want to cancel a lot of hotel projects in our State Parks too. Like the greenhouse in the Asilomar State Park.

When Michael and I are elected, we will reduce water rates for residents by 10%. By cancelling water connections to all those new hotel-golf course projects, like the Poppy Hills golf course and the Spanish Bay hotel-golf course, we will increase the available water to residents for lower rates. Then we will improve the water quality.

Harry Capton Sneli
Pacific Grove

OOPS

Well, we haven't had one of these in a while but we did make a couple of errors in the Stollen article. Apologies to Gerald, the real name of Mrs. Feldon's husband. (Where we got the other, who knows.) We also spelled her daughter's last name incorrectly. Apologies to her as well.

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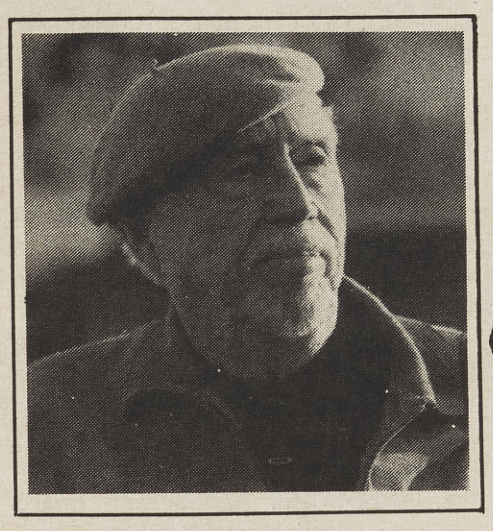
Artist, Author, Sportsman

A Man Of Many Talents



"I have lived a long and varied life," said artist Merritt Cutler. His statement rings true as he relays his tales, often through clenched teeth holding his favorite pipe, as an artist, author, philosopher and sportsman.

The son of an architect, Cutler grew up in Freeport, Long Island. His interest in art began at the age of 8. "I didn't want to do anything else," he said.

He was often caught doodling in his text books and eventually the principal advised his father to take him out of school, so, at the age of 16 he dropped out. That was just about the time World War I broke out.

To a young, small town, country boy trooping off to serve your country sounded wonderful. "Patriotism has a very lovely romantic side which had a very big appeal to a kid," said Cutler. "It seemed wonderful and I thought it was a great opportunity. Not anymore. I feel lucky to have lived through it."

During the war Cutler was a "foot soldier," in the 107th Infantry, 27th Division. He reports, there were 2,600 in his regiment on September 29, 1918 when they attacked the Hindenberg line. That night they came out with only 600 men. "Two thousand casualties in one day," he said.

"War is hell. It is horrible and it is gruesome," said Cutler. "Stay as far away from it as possible."

Regardless of his feelings about war, Cutler was decorated for "extraordinary heroism." The War Department archives show that, wounded and under fire, he dragged two wounded comrades to safety. Later he arranged a stretcher party that, under machine gun fire, brought in three wounded comrades.

For his actions Cutler was decorated by General Pershing and also received the Croix De Guerre from the French Army, the highest award they present.

Cutler has written a book about his wartime experiences and it is currently in the hands of an agent and as yet unpublished. "So far as I can remember it's a true account of an infantry soldier in World War I," he said.

In giving a brief account of the war Cutler said, "We did not have a single piece of motorized equipment. Everything was pulled by wagon and mules. It was the last almost primitive war. It was the last war where men fought hand to hand. It was the only war in which gas was used."

"There are lots of books written about WWI from all sides, but nothing that I know of, from a soldier who fought in it for two years," he said.

At 19, a civilian again, Cutler was faced with the problem of making a living. His only option, he said, was commercial art so he got a job with an ad agency. "That's when I really learned commercial art," he said. It was a fairly new trade at the time (1919) and not taught in schools. After two or three agencies he began to freelance and became one of New York's top commercial artists in the 20's and 30's.

It was the peak of his career but again his country called—World War II. This time it was not the starry eyed youth that answered, but a 44 year old artist. "The second war was exclusively patriotic," said Cutler. All the younger commercial artists were being drafted and he could have had all the work he wanted. "I couldn't see staying home if I could be of use, he said."

There were no battlefields this time. Instead, he supervised the layout of all *Camoflage* teaching manuals and after that, was transferred to the Pentagon taking charge of military intelligence publications.

Out of the service, he continued with his commercial work, retiring in 1963 at the age of 65. That's when he began his work in fine arts.

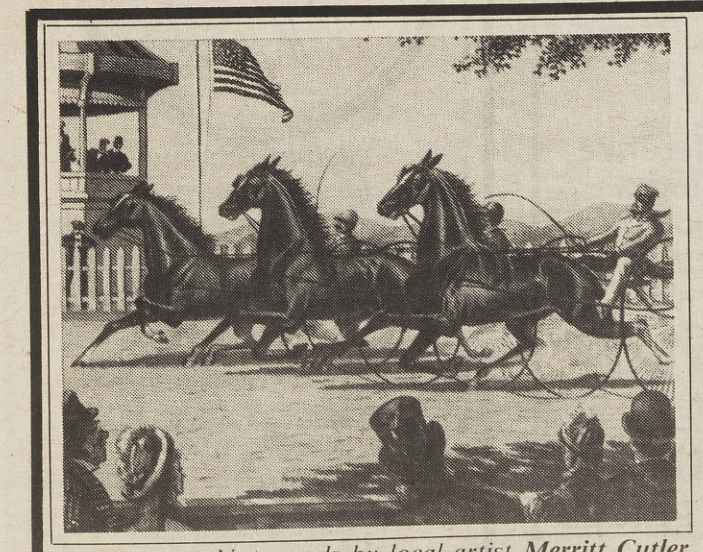
Cutler works in all media (oils, acrylics, watercolor...) often combining them in different ways. He favors acrylics saying "the beauty of acrylic is it dries fast, which is also its fault on other occasions."

Cutler's paintings depict life in the 1800's, sports scenes, animals and landscapes. Though they are not his favorite he has also done portraits. "In a way that's commercial art," he said. "It's not doing something voluntarily," which is the way he now prefers to paint.

His paintings are on display in museums and he also has a Civil War painting on display in the Pentagon.

On painting Cutler says it is the variation of tones that make a painting

Continued page 9



Note cards by local artist ***Merritt Cutler***

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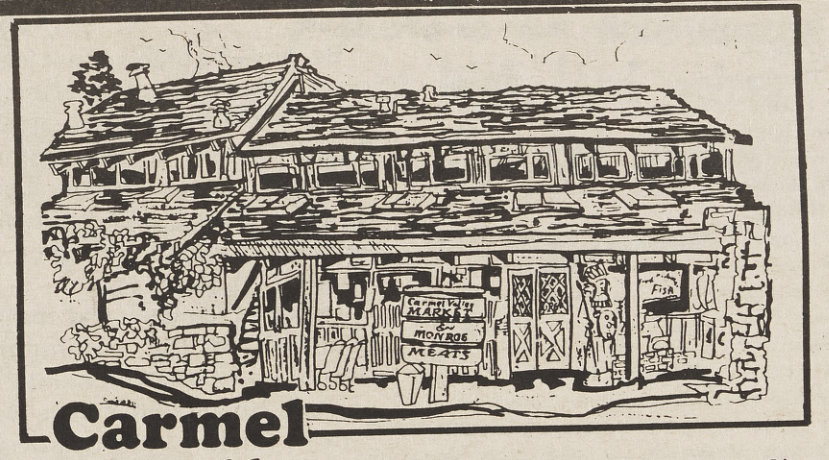

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James Greenan.....Video Views and writer at large
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Carmel Valley Sun

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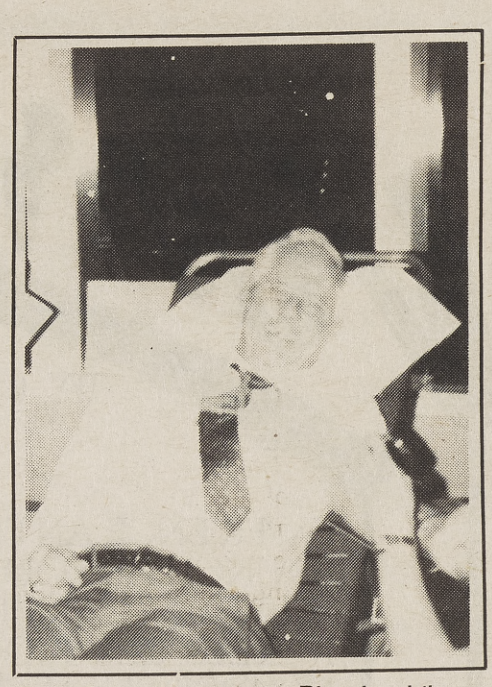
The Cover

HAPPY HALLOWEEN



Don Cummings at the Bloodmobile.

Bloodmobile Returns

Are you an A? O? B? Positive? Negative? Whatever your blood type, a donation from you can help. And it's your donation the Bloodmobile will be seeking when it visits the Valley on Thursday, November 7 from 3-6:30 p.m.

Anyone from age 17-65 can be a donor. If you're a first-time donor don't be shy and don't be scared. You'll see lots of friendly faces and the blood drawing itself is relatively quick and painless.

The whole procedure from check-in to check-out takes one-half hour to *forty-five minutes. After the blood drawing donors are asked* to remain at least 20 minutes to let their bodies re-adjust.

Becoming a blood donor is a worthwhile habit. Each pint of blood collected at the Bloodmobile goes to the Blood Center at the Community Hospital to be used for our community. By donating blood you may be helping a friend, neighbor or co-worker.

Join the regulars and make your donation to the community on November 7 at the Community Chapel on Paso Hondo and Village Drive.

For further information call 659-2374 or 659-4160.

Time To Vote—Nov. 5

On November 5 voters must choose between the candidates in three special district races. Board seats are being sought in the Monterey Peninsula Community College District, Carmel Unified School District and Monterey Peninsula Water Management District.

Competing for the College District Board are incumbents Sherman Smith and Donald Freeman. Also in the race is businessman Todd Bliss.

Candidates for the CUSD board are incumbents Claudia Daniels and Doyle Clayton and businessman William Sanford.

Among those competing for Director on the Water Management board are incumbents Nancy McClintock and Billy De Berry. Also in the race are civil engineer Jeffrey Grover, environmental reformist Harry Capton Snell, registered electrologist Hazel Singh Tompkins, businessman Nick Lombardo, realtor Sam McLeod and environmentalist Michael Bogatirev.

Only two seats are open in each district.

According to the Registrar of Voters office, there will be no election for the Carmel Sanitary District board. Only two candidates applied, which was not enough to go to election. Those that applied, incumbents Paul Beemer and John Floyd, are expected to be appointed to the board.

For information on where to vote call the Monterey County Registrar of Voters at 424-7621.

Postal Carrier Position Opens

The Carmel Valley Post Office will be accepting applications for the position of Rural Carrier Relief. This is a non-career indefinite appointment with the employee assigned as a relief or leave replacement on one to three established rural routes during the absence of the regular rural carrier

This position requires use of employee's own vehicle, which must be suitable for servicing mail boxes. Applicant must have an excellent driving record and be in good health. Applications may be picked up in Postmaster's office.

Supervisors Pass Ordinance For Dogs

Dogs will no longer be able to ride in the back of trucks unless they are securely fastened. This was the ruling set by the Monterey County Board of Supervisors in a new ordinance on October 22.

The intent of the law, which goes into effect on November 21, is to protect animals and drivers said 5th District Supervisor Karin Strasser Kauffman. "A lot of animals are getting mangled and drivers endangered."

*Though she preferred self monitor*ing to adding another law to the books, Strasser Kauffman said, "In the interest of public safety we can give it a try." To the original proposal, made by Supervisor Sam Karas, she recommended that a twelve month review of the ordinance be manditory. "We'll see how well it's working or not working," she said.

The ordinance specifies open vehicles on public roads. Dogs need not be secured if the trucks are on private property.

Mid-Valley Fire Board Has Vacancy

Fifth District Supervisor Karin Strasser Kauffman is seeking qualified applicants who wish to be recommended for a vacancy on the Mid-Valley Fire Protection District Board of Directors. The appointment will be for a term which will end in December 1987.

The Mid-Valley Fire Protection District is governed by a five-member Board, each of whom is appointed for a four-year term. Duties are legislative and involve formulation and adoption of policies for the operation of the Fire Department. The Board adopts reasonable district ordinances for the protection of life and property, approves the annual budget and all expenditures, and is responsible for hiring and firing all district personnel. The Board meets on the third Wednesday of each month at 8 a.m. at the Fire Station.

Anyone who is interested and resides in that part of the Fifth Supervisorial District which makes up the Mid-Valley Fire Protection District, should contact Supervisor Strasser Kauffman's office at 1200 Aguajito Road, Monterey, or call 649-6515 no later than November 4.

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Sharon Campbell, Anne Werdelman and Linda Ingram work on items for the annual "Country Christmas Bazaar, With a Touch of Elegance".

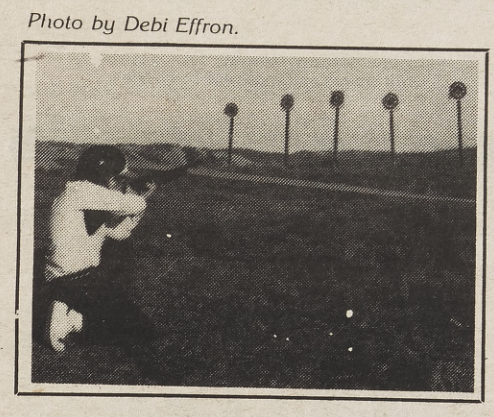
Chapel Guild Members Gear Up For Bazaar

The Carmel Valley Community Chapel Guild is gearing up for its annual bazaar which will be held on November 16 from 10 a.m. to 4 p.m. The "Country Christmas Bazaar, With a Touch of Elegance" will feature a variety of selections and treasures.

If you would like to participate in workdays or in the Bazaar itself, please contact Linda Ingram at the Chapel on Monday through Friday between 9 a.m. and 12 noon at 659-3030.

Watch for more information on this Christmas Bazaar in the next issue.

Photo by Debi Effron.



Don't Forget The TURKEY SHOOT

Sharpshooters should get ready for the big Turkey Shoot being held this weekend. Sponsored by the Cachagua Volunteer Fire Company, the event offers a grand prize trip for two to British Columbia, Canada and a Jaco "J Series 806" Pop-up Camping Trailer. Many other prizes are also available. Test your skills and enjoy the fun.

Groups Combine Efforts For Chirstmas Bazaar

A Christmas Bazaar sponsored by the Daughters of the British Empire, Yorkshire Moors Chapter, and the Friendly Visitor Program of the Alliance on Aging will be held at the Pacific Grove Community Center, 515 Junipero, Pacific Grove, November 16, from 10 a.m. to 4 p.m.

Besides a wonderful selection of handmade items, baked goods and preserves, attic treasures, a "Nearly New" table, arts and crafts, the Daughters will provide an English Tea Room with such traditional English edibles as pastries and scones.

Among the items to be raffled are an afghan, a baby doll with her own handmade wardrobe, a basket of English goodies, a wine rack of wine, a basket of assorted baby things, a hand knit sweater, and a Couroc tray.

Raffles tickets can be purchased at the Friendly Visitor office, 200 Glenwood Circle, or at the Friday Senior Outreach Friendly Visitor Luncheons at the Pacific Grove Commuity Center. To donate items to the bazaar, or for further information, call the Friendly Visitor office.

A Bazaar workshop is ongoing at the Pacific Grove Community Center every Thursday at 2 p.m. Anyone interested in arts or crafts or who likes to sew is welcome.

Winetasting, Auction, Crafts All Part Of The Fun

Junipero Serra School Parents' Club will hold its Annual Winetasting/Silent Auction and Christmas Craft Corner on Friday, November 8, from 7 to 10 p.m., at Rancho Canada Golf Club, Carmel.

The winetasting will feature contributions from some of the area's major vintners, as well as selections from several local boutique wineries.

Items for the silent auction are contributed through the generosity of local wineries, merchants, restaurateurs, artists and residents. Some of the items available will be a theatre excursion, golf foursomes at Carmel Valley Ranch and Rancho Canada golf courses, four 49er pre-season tickets, limited editions from noted artists, plus a live auction featuring rare wines.

The Christmas Craft Corner will consist of holiday-oriented handcrafted items.

Tickets are $7.50 and will be available at the door. Proceeds from this event will benefit Junipero Serra School.

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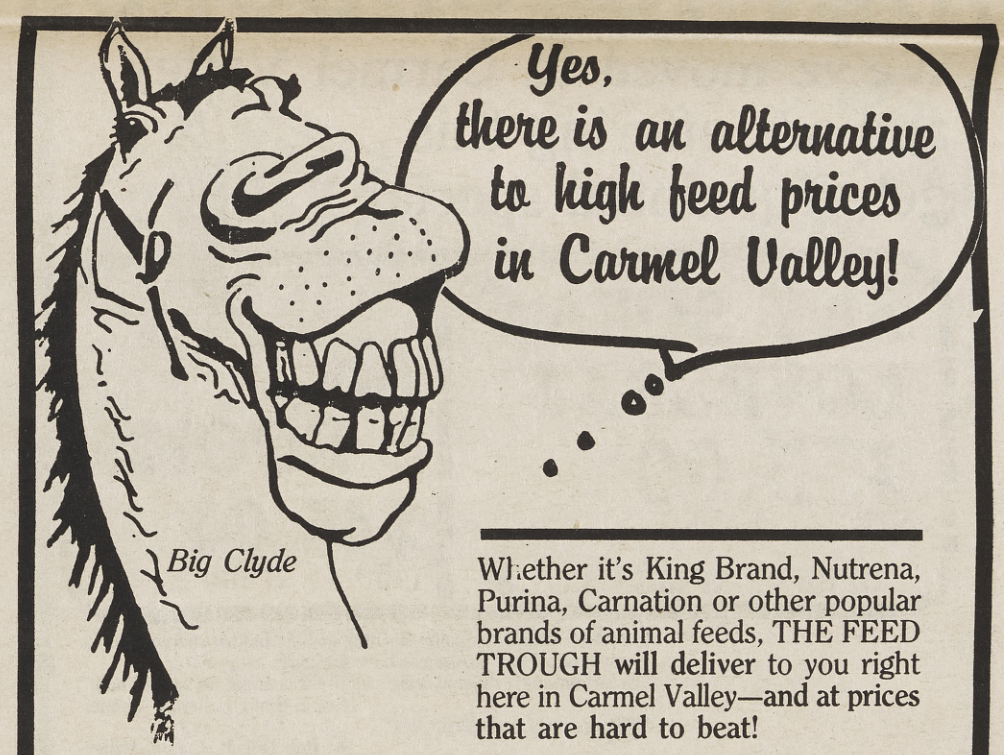
"Kids Night Out" To Be Presented

The Carmel Valley Community Chapel will feature "Kids Night Out" on November 1 from 5 to 10:30 p.m.

The purpose of the evening is to offer the children a night out from their parents. The fee is $10 per child; $15 for two children in the same family.

The fee includes a spaghetti dinner, games and movies says organizer, Linda Ingram.

For more information call the Chapel at 659-2278.



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Crosswords PLUS

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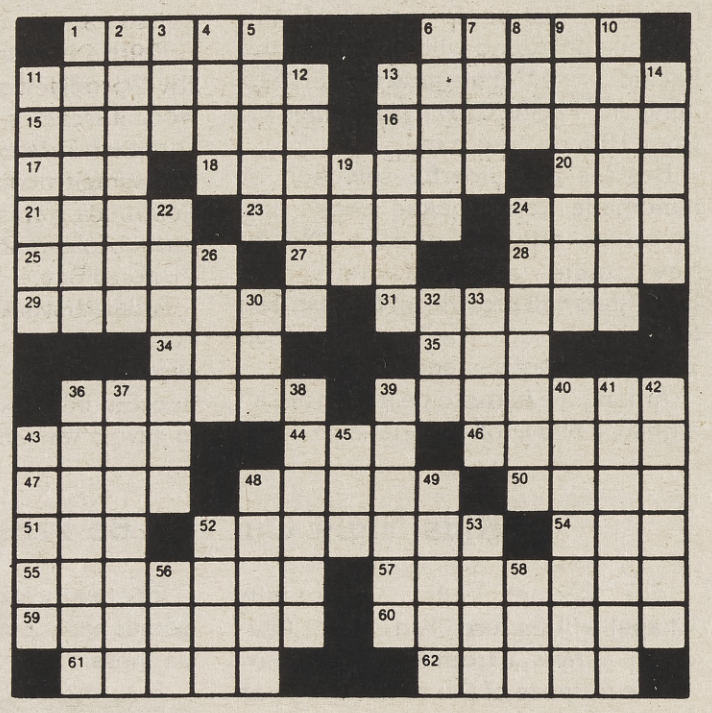
Rated X, by Dorothea E. Shipp

ACROSS

1 Gorky
6 Gathering place
11 Not now
13 Oscar winner, 1953
15 Zealous
16 Happy with one's lot
17 Squiffed
18 Red Rovers?
20 Spheroid ornaments
21 Disaster site of 1899
23 Maurice of Watergate notoriety
24 Unwanted air
25 Congeals
27 She had a little lamb
28 Chris Evert's mom
29 Gave life?
31 Hardtops
34 See 28 Across
35 Gassy beginning
36 Sight from the Tower
39 Shams
43 Artesian well?
44 Roof top
46 Probe
47 Bordeaux condition?
48 Astor's wares
50 Inoperable
51 Mess up
52 Voice of the voters
54 Five-star letters
55 Calling one's own
57 What Brando coulda been
59 British essayist's family
60 Shimmies
61 Norse myths
62 Morrison's group

DOWN

1 Vestment
2 Standing order?
3 Removes
4 Eye color
5 B×P and R-N4ch, e.g.
6 Model dresses
7 Austrian river
8 Thin metal disk
9 A sight for sore feet
10 Claire and Austin
11 Whitman's bloomers
12 Finished with
13 Public spats
14 Saw
19 Street shooter
22 Minion
24 Learned something
26 Grift
30 Scrooge McDuck, to Donald
32 Musicianship
33 Title proof
36 Analyze a solution
37 Consoled
38 26 Down, in quanity
39 Rehearse
40 Toboggan man
41 Dodgers
42 Passover spreads
43 Pager noise
45 Put in a P.S.
48 B.V.D. competitor
49 Refused to hit
52 _____ *18* (Uris book)
53 Blast or derm preceder
56 Cable Turner
58 Nearing the hour



Alliance On Aging Announces November Programs

The skies, the earth and health are among the topics that will be featured at the Alliance on Aging meetings during the month of November. The Alliance meets every Friday at 11:30 a.m. at the Pacific Grove Community Center.

The weekly schedule includes:

• "Prospects for Halley's Comet" on Nov. 1 featuring MPC Astronomy Instructor Homer Bosserman. A slide presentation is included.

• "Fall Colors in New England" on Nov. 8 also includes a slide show. The speaker is Pacific Grove resident Ed Brooks who is a photographer and builder.

• On Nov. 15 "Eye Care: Cataracts, Glaucoma and Macular Degeneration" will be presented by Dr. Geoffrey White, a Monterey Opthalmologist and eye surgeon. Slides are included.

• A special Thanksgiving program will be presented on Nov. 22 by members of the luncheon group. The program includes group singing, solos, stories and poetry readings. SCANS will also be available to do a foot check.

• There will be no meeting on Nov. 29. due to the Thanksgiving holiday.

For more information on the Alliance on Aging call 372-5102.

MPC Career Consultant To Address Network At November Showcase Luncheon

PWN member JACQI DAVIS, career specialist at Monterey Peninsula College, will be the guest lecturer at the November 12 Member Showcase Luncheon sponsored by the Professional Women's Network of the Monterey Peninsula. The luncheon (brown bag) will take place at The Crossroads Community Room at 12:00 noon.

"People who know what they're after are more likely to get it—why not you?" asked Ms. DAVIS, who will share some practical techniques to help you tailor your resume to the job you want. Attendees will learn how to spotlight skills, research possible job options, and improve job-hunting skills.

JACQI DAVIS has a Master's Degree in Counseling. She provides a wide array of career services including career counseling, job market information, and job-hunt training for Monterey Peninsula residents. This is her twelfth year helping people chart their career paths and succeed in the competitive job market. Ms. DAVIS recently was a guest on The Network's "Women on the Move" Show on Radio Station KAZU.

All women interested in networking are invited to attend the PWN's Member Showcase luncheons. For information, call 646-OPWN.

Chapel Guild Will Meet Nov. 13

The regular meeting of the Carmel Valley chapel Guild will be held at 10 a.m. on November 13. A work day for the bazaar is planned.

Workers should bring scissors, needles, thread, or whatever else they can think of.

Lunch will not be provided but dessert will be served by the refreshment committee which includes Sharon Campbell, Vera Bautz and Lillian Viljoen.

CUSD Board To Meet

The Carmel Unified School District Board of Trustees will meet on November 5 at 7 p.m. at the Middle School Library.

The meeting is open to the public.

Recreation And Park District Board Will Meet Nov. 13

The next regular meeting of the Carmel Valley Recreation and Park District Board of Directors will be held November 13 in the Activity House at 25 Ford Road.

The meeting is open to the public.

?Quieres Hablar en Ingles?
Un clase de Adulta Escuela es possible a Tularcitos 7:30-9:30 en la noche a las lunes y (o) jueves. Llama por telefono Shelly Lyon a 659-5279.

Want To Learn To Speak English
An Adult School class may possibly be offered at Tularcitos from 7:30-9:30 p.m. on Monday and/or Thursday nights. If interested please call Sylvia Sweet at 659-1714 or Shelly Lyon at 659-7279.

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"Bee-u-tiful" Chris, The Club of Monterey.

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"Wonderful service, thanks again." Mrs. Campbell, Pebble Beach.

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CLUBS

KIWANIS NEWS

by Steve Austin

On September 28, the Carmel Valley Kiwanis held its 34th annual Installation Dinner at the Carmel Valley Inn. Over forty Kiwanians and their families attended the event at which the 1985-86 officers and board of directors were installed. Past Lt. Governor Raz Belleci and past C.V. President Randy Randazzo performed the official installation.

In addition to the program, immediate past President Dick Atwood had the pleasure of recognizing Larry McCannas as the Carmel Vailey Club's "Kiwanian of the Year." Anyone who knows Larry is aware of his tireless efforts for Kiwanis. Larry has lent his energy to every aspect of club activity. Some of his accomplishments include House Committee Chairman (preparing our meeting place for our Tuesday luncheons), working diligently on every major fund raising activity the Club has pursued; attending interclub meetings and our President's Council meetings as a representative of the Club, and constructing the now famous "Kiwanis Rubber Band Shoot Booth" (a 20' by 20' game booth) for our fund raisers. In addition, Larry, a talented craftsman, constructed a beautiful new box to hold our Club's name badges that we wear at our Tuesday meetings. On behalf of myself and the entire club: thanks, Larry, you deserved it! More thanks are due to Col. Dick Clarkson and wife Patti who made the arrangements for the evening. A great meal and beautiful flowers made a wonderful evening which was enjoyed by all.

As the Club enters its 35th year of fellowship and community service, the group's strength stands at 70 active members. This is unprecedented in our history and a sign of commitment to the community that we should be proud of. Our activities have never shown such levels of support and, as a club, we hope to continue to earn your confidence in the work we try to do.

On October 2 our new board of directors met to discuss our proposed '85-'86 budget. We realized at that time that, with modest fundraising project income projections and the surplus from past president Dick Atwood's term, the Club will return well over $10,000 to our community this year. These monies will assist over twenty different organizations in the Carmel Valley, with a strong emphasis on youth activities.

If you are aware of unmet needs in our area in which the Club could be of assistance, please contact your Kiwanian neighbor or myself at 659-2793, so that we may consider them for support. One of the first distributions for '85-'86 was a $600 donation to the Hidden Valley Music Seminars. A tremendous asset to our community, the Hidden Valley will use the funds to upgrade one of twenty rooms in their dormitory with new wooden bed sets, carpeting and paint. The Hidden Valley has been the Club's home for many years now and has provided excellent meals and facilities for our use at our Tuesday noon luncheons.

Orv Rodgers, who has been the chairman of our Youth Sponsored Services Committee and our Carmel High Key Club liaison, will be stepping aside this year. Orv's hard work and dedication to youth has been a large part of his life in and our of the Club. A past school principal and teacher, his commitment has been steadfast and unwavering. He has touched the lives of many, all of whom are better for the influence.

The Club welcomes back past Lt. Governor and C.V. President Otto Huebner and wife Shirley who have been "roughing it" in Hawaii for the past few months. Although there on business, the Huebner's still found time to enjoy the islands.

Also, congratulations are in order for attorney John Hannon and his new wife Gemma on their marriage October 19. John, who practices at Mid-Valley, has been active for some time in Kiwanis. The wedding and reception following was attended by many fellow Kiwanians who joined them in their celebration.

The Club initiated new member Bob Schnider this month. Sponsored by Larry McCann, Bob will make a fine addition to our group.

Dr. John Von Berg was recognized this month for 13 years of perfect attendance. John, a past president, has been active in the Club since first settling in the Carmel Valley.

Notable speakers at our noon luncheons this month included C.V. Fire Chief, Bob Heald, who presented a video tape and information on fire prevention and safety. Bob's program was impressive and provided a heightened awareness of our vulnerability in a major fire. Eric Seastrand, our 29th District Assembly representative, provided an update on District and State level issues that was both informative and thorough. Eric, who has represented us for some time, is the "Republican whip" in the Assembly.

On October 22, we will host the Monterey Bay Aquarium; October 29, Naval Post Graduate School; November 5, Rona Halpern, Stress Management; November 12, American Field Service; November 19, Hospice; November 26, Women's Resource Center December 3, Friends of the Library. If you would like to attend one of our meetings, please contact your Kiwanian neighbor or membership chairman Lou Gardner at the Blue Sky Lodge.

LIONS CLUB NEWS

by Frank Catalano

It was a successful October, and we're looking for more successes in November.

I wish to compliment the club for the excellent performance at the White Cane day project. Over $900 was raised. Also, kudos to chairman Lou Moore for the excellent response to the work day at the races.

We are now busy with the Rummage Sale, scheduled for November 9 and 10. Co-chairmen Ken Bliesner and Harley Wood have arranged for the event to be held at the Carmel Middle School, beginning on both days at 9:30 a.m. The club will have coffee, donuts and baked goods for sale and so far the sale items include just about everything—clothes, a TV, golf clubs, furniture and more. Don't miss the fun. The community, the school and the club benefit from this fund raiser.

Our meetings for November should prove fun and interesting. Fellow Lion, Rev. Jim Brown, will be the speaker at the Nov. 6 meeting. On Nov. 20 Lion Al Garout promises an interesting program. At that meeting we will also be inducting new members. This seems an appropriate time, to welcome our newest baby Lions—Peter MacFarlane (sponsored by Lion Ralph Morrow) and Norman Sharkey (sponsored by Lion Lou Moore). We hope to have two additional Lions sometime during November.

Our club is an international club and it pleases us to help our fellow Lions around the world. Recently our club donated $200 to the Mexico City Lions. The funds, along with donations from other clubs totaling $25,000 is for the express purpose of assisting the victims of the recent earthquake.

Til next month, keep roaring.

WOMEN'S CLUB

by Maureen Dalton

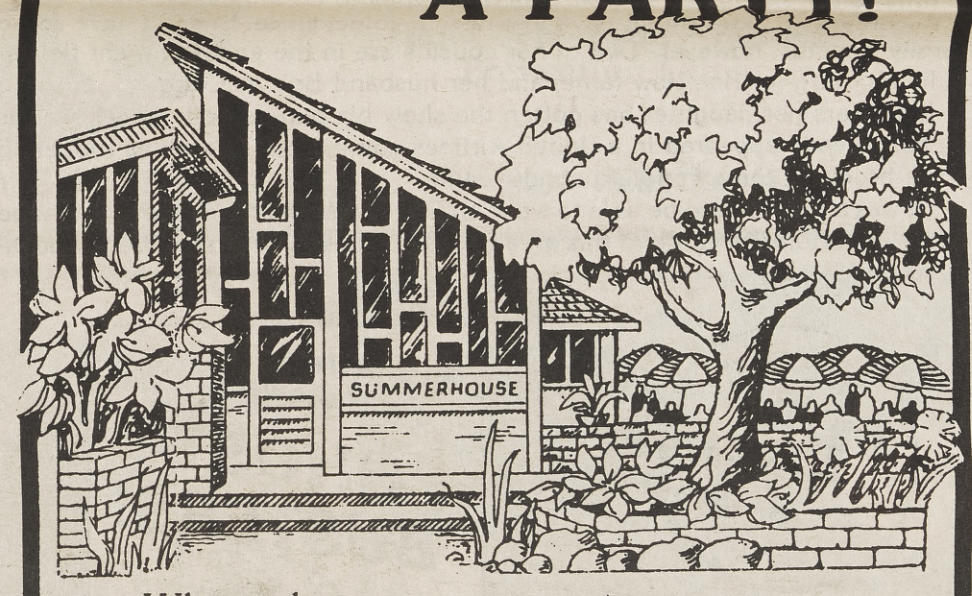
In the spirit of the California lottery (but without tickets to sell) the Carmel Valley Women's Club has planned the November luncheon at Hacienda Carmel, November 6, as a card and game party. The luncheon, which begins with hospitality at 11:30 a.m. and lunch at 12 noon, will offer bridge, canasta, poker and other games. Prizes will be given away to the game winners, courtesy of Carmel Valley Women's Club Board members. For reservations, call Mrs. Helen Keene at 659-4283.

The Carmel Valley Women's Club's October luncheon was decorated in a Hawaiian theme and club members and their guests came dressed in the style of the Islands.

Paddy Morris, wife of Dr. David Morris, attended with her mother, Mrs. O'Brien, who was visiting from her home in Portland, Oregon. Paddy and her mother looked particularly delightful wearing matching "Hawaii '82" T-shirts and flowers in their hair.

Decorations were by Captain Egon H. Werdelman. Captain Werdelman is especially well-known in Carmel Valley for his beautiful Christmas tree annually decorated with hand-made ornaments. The Werdelman Christmas tree brings many people to their home each year.

LET'S GIVE A PARTY!



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ENTERTAINMENT

BITS & PIECES

Congratulations are in order say friends of Howard Buck and Candy Havaside. The couple officially anounced their engagement on October 19 at the Los Laureles Lodge. It seems that was also the site of their first date and they were there celebrating with friends Lyle and Joannie Linaires, Rod and Pam De Leon, and Steve and Greta Rial. As yet no wedding date has been set.

•

Congratulations also go to Sheryl Warner, who, according to friends, passed her cosmetology exam with flying colors (no pun intended). Sheryl is currently with the Carmel Valley Hair Center.

•

Vera Stokes relayed a sad tale she heard about a young pup. It seems a few weeks ago a fellow came upon a man on the Laureles Grade chasing a dog. "I'll help you catch it," the fellow volunteered.

"I'm not trying to catch it," the other replied. "I'm trying to get it in the middle of the road so someone can run over it."

The fellow volunteered to take the dog home with him and according to Vera the pup is a loving little creature. She couldn't quite understand in this day and age how someone could be cruel enough to want to kill the the little critter that way.

•

Hearing more from poet Ralph Payton who won the Golden Poet Award in August, turns out to be good news. He said his Reno trip was fantastic. He also reports that "The American Writer" is using two of his poems for their Christmas Edition.

•

If you happened to catch Simon and Simon on October 24 perhaps you saw a familiar face. No. I'm not talking about the series stars or guest star, Gregory Sierra. I'm talking about our "professional extra" De Cabral.

De got to work as an extra on the program when the crew was filming at the Monterey Peninsula Airport. She was one of the crowd glimpsed leaving and boarding a plane for a "quickie" Mexican divorce.

Being an extra on the show didn't just happen. De is a member of the Screen Extras Guild and has been involved behind the scenes in production and worked as an extra for many years. "I got involved in the business while living in Hawaii," she said. She started in the casting office for *Hawaii-50*. "They needed someone on the set so I joined the union and became an extra." She has been doing walk-ons, and such, periodically ever since.

As she became known in the business more opportunities arose. She has several commercials to her credits as well as programs such as *Charley's Angels, Sanford and Son, Paradise Cove,* and the made for TV movie Pearl.

Her all time favorite was working on *Magnum P.I.* with Tom Selleck. Though she currently lives here in the valley she works on the program whenever she returns to the islands for a visit, which she tries to do annually.

Becoming an extra might have just been a coincidence. She did have some family impetus, however. Two of her cousins are in the entertainment field—Edie McClurg (of Hee Haw fame) and her husband Bob McClurg.

It appears her daughter has gotten the show biz bug as well. Angel, who is 7, has already appeared in a United Airlines commercial as well as modeling for a brochure for a Honolulu condo estate.

"It was a lot of fun to be able to work on S & S in Monterey," said De. "I hope more opportunities come to this area because it has so much to offer for locations and beauty."

Concert Will Feature Juliana Markova

The Monterey County Symphony Association will present pianist Juliana Markova in concert on November 17, 18 and 19.

As a returning guest artist Miss Markova will perform Tchaikovsky's *Piano Concerto No. 1*. John Ward's *Jubilation Overture* will be performed for the first time by the Monterey County Symphony Orchestra and the program will close with Beethoven's *Symphony No. 7*.

The concerts will be performed at 8 p.m. on Sunday evening at King Hall, Naval Postgraduate School in Monterey, on Monday evening at Sunset Theater in Sunset Cultural Center in Carmel, and on Tuesday evening at Sherwood Hall in Salinas. Tickets for all three halls are available at the Monterey County Symphony Office in Room 7 of the Sunset Cultural Center.

For more information call the Ticket Manager, Gale Peak, at 624-8511 or 758-3594.

Linda Bellon-Fisher Joins Friends Of Photography

The Friends of Photography announced that Linda Bellon-Fisher is joining the staff as the executive assistant (editorial). Bellon-Fisher has been a free-lance art writer and photography critic as well as a contributing editor for *Artweek* and an instructor at Mt. San Antonio College and Coastline College in Southern California. She received both her B.A. and M.A. degrees in creative photography from California State University, Fullerton.

Bellon-Fisher will be succeeding Julia Nelson-Gal who has been the executive assistant in the editorial department since May 1984. Executive director James Alinder has appointed Nelson-Gal to replace Claire V.C. Peeps as executive assistant (workshops). Alinder has stated that, "Peeps was outstanding in her dedication to the advancement of the workshop program and will be missed. We are delighted, however, that Nelson-Gal, who has proven her enthusiasm, knowledge of the field and administrative skills, will be the new workshop coordinator."

For further information contact David Featherstone at 624-6330.

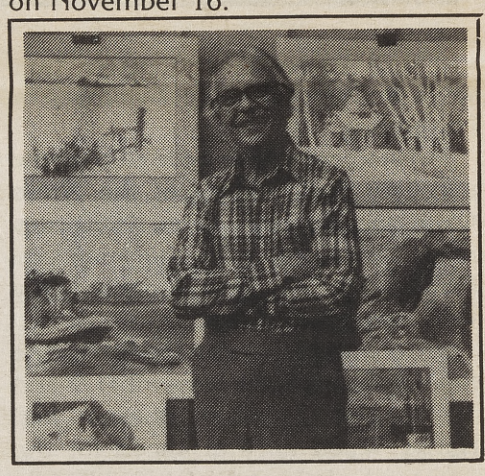
Carmel Valley Library Will Feature New Watercolor Exhibit

Carmel Valley artist Ronald Bean will exhibit his watercolors at the Carmel Valley Library during the month of November.

A watercolor purist, Bean uses only transparent watercolors. His landscapes bear a romantic, nostalgic realism. He began as a "Sunday painter" while engaged as an art director, designing advertitsing for many national accounts at some of the large advertising agencies in Chicago.

A member of the Central Coast Art Association, Bean has exhibited in Chicago, North Carolina, Texas and California. He now shows his paintings at his home studio at 175 La Ventana, Carmel Valley.

Besides the Library exhibit, Bean will also have his paintings available at the Sunset Center Arts and Crafts Fair on November 16.



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WED. & THURS. NOV. 13 & 14
TONY SHEPPARD

Merritt Cutler (Continued from page 3)

good. "The relationship between one tone and another has to be just right."

He is an artist who believes in self discovery. "You can't teach art," he said. "If you go to school and the teacher teaches you to do things, you're doing it his way. You have to learn your own way."

"Technique is something you arrive at through your own individualism," he continued.

"A large part of art is experimentation. Some of the best things that have been done are from accidents," he said.

Until recently, Cutler was only an annual visitor to the valley "to get away from the cold." In April, 1983, on his way back to his home in Connecticut he took a detour to do some painting and wound up in a serious accident. To this day, he's not sure exactly what happened but remembers a car turning right in front of him.

He was found by a couple of hunters who took him to a medical center. If not for them, he said, he might not be around. The other driver just left him and it was not a main road.

Cutler suffered neck injuries, collapsed lungs, and a shattered hip. He said he was unconscious for over 3 months and the doctors told him his heart had stopped twice.

Obviously, his passion for life won out and he eventually began to recover but his age was a big hinderance. "I wasn't sure I would even walk again," he said. He now gets around with the help of a cane and an electric cart that his nephew bought for him.

While recuperating in a Veterans hospital in Albuquerque, Cutler thought a great deal about Carmel Valley. "All I could dream of was this place because I love this place so much," he said. He was determined to return even though the doctors wanted him to go into an army nursing home. "I just dreaded the idea of a nursing home," he said. "And I was determined to take care of myself."

Tired of the hospital ("It was sheer hell," he said) he made his own arrangements and moved to the Valley permentantly in 1984.

Because of his accident, Cutler did no painting up until this year. According to him, now it's "good therapy."

"It helps a lot not to just think about the pain," he said.

As the old saying goes, something good comes out of everything and even though his is still suffering Cutler says his painting has improved since the accident. "Now I'm very eager and more enthusiastic of what I may do in the future," he said.

He is currently redoing earlier prints, some of which appear on note cards, found locally at the Last Chance.

•

A sports enthusiast, Cutler combined his art career with that of tennis. During the 1920's he played all over the world, including Wimbeldon. He and his partner, Rockerfellow, were the National Indoor Doubles Champions in 1930.

"It was a very unusual game for a middle class boy," said Cutler. "It was played almost entirely by aristocrats and the wealthy, on estates where they had private tennis courts. There were no public courts," he said.

By luck, when Cutler was six (or seven), his family lived next door to a man who had a tennis court. "That's when I happened to get into it," he said.

Tennis wasn't well known in those times and wasn't accepted as a man's game. "It was a sissy game," he said.

"It was kind of an unusual sport. It got me into that other circle of people," he said.

Since his time Culter says the game has done a complete turn around. Players play for big prizes. They never even got certificates, he said.

Attitude has been another change. "Players used to be indebted to the people who put on the tournaments," he said. "Now the players feel they are doing a favor by being there (in the tournament."

In 1960, Cutler wrote a book, *Basic Tennis*, which is still in publication today.

Though it's been fairly recently that Culter decided to move to the valley it has been dear to his heart since he discovered it by accident while visiting his nephew who lives in Pebble Beach. "I was delighted because it was a small unspoiled place," he said.

Now a widower, Cutler attributes much of his happiest moments to his wife. "My 50 years with her were the happiest years of my life."

Through his relationship with his wife ("She thought I could do no wrong," he said) he developed a philosophy about love. "Love is not a selfish thing at all," he said. "True love is loving someone else more than yourself. Most of what they call love today is possessiveness."

In talking with Cutler there is an unmistakable undercurrent. His eyes sparkle defying his 87 years. There is a sturdiness beneath his tall, thin, frail looking frame. And overall, is the fact that his ill health has not dampened his enthusiasm for life. What his nephew once wrote in a poem to him sums up the feeling from a visit with Cutler: "Your love and compassion for life shines like a bright light."

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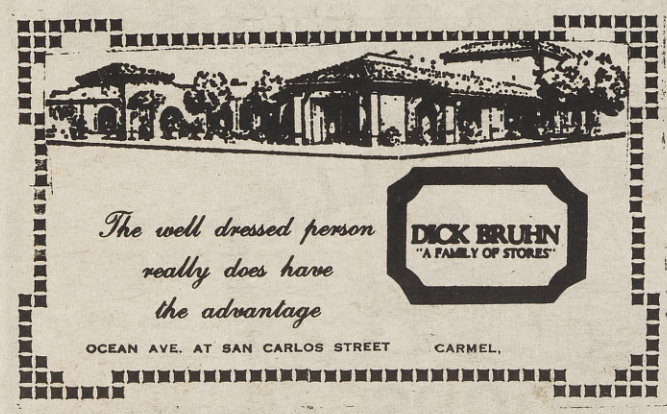
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BUSINESS

THE CHAMBER CONNECTION

by Grace Darcy
Executive Director
Of The Chamber of Commerce

Your Chamber of Commerce has its own office! For the first time in its history, the Carmel Valley Chamber has its own street address: 9 Delfino Place, Suite #5, Carmel Valley. The office is on the first floor of the Plaza Linda Building, on the west side of that building. The office is bright and cheery, and roomy enough for visitors and board of directors' meetings.

Thanks to JUDY (JCS Word Processing) and DAVID CASWELL, PAULA WAINWRIGHT (Stonepine), and yours truly, the office has a freshly painted floor, clean windows, and a lovely desk, beautifully handcrafted by DAVID CASWELL. DAVID and CHUCK McKAY (McKay Business Service) hung the handsome map of Carmel Valley done a while back by CATHY COAKLEY, daughter of SHERI and PETER COAKLEY (Valley Lodge), for the now defunct Visitors Information Center at the mouth of the Valley. It was no easy job as the map is heavy and the walls weren't too cooperative. DAVID and CHUCK then hung the Chamber signs for all to see. CHUCK bought some lattice work to put in the windows (leaving the open feeling, but *giving some privacy to those in the office), and he and DAVID installed that.* A round table, lamp, and small bookcase on loan from yours truly completed the initial furnishings.

Thanks, too, to TONI and MO MOULAISON (Carmel Valley Floors) who saw to it that our newly painted floors were properly covered. They are nice people to work with, that's for sure.

First vice-president STEVE AUSTIN (Carmel Valley Family Dental Care) has loaned us a lovely secretarial chair, and President LOIS LAMAR (Western Title) is going to lend us an IBM Selectric typewriter.

President LAMAR has announced that there will be a "grand opening" at the office on December 5, and each member attending will be asked to bring a small gift for the office—a box of paper clips, a typewriter ribbon, some rubber bands, a pencil or two, whatever.

For the present, the Chamber's office hours will be as follows: closed on Mondays; open Tuesdays, Wednesdays and Thursdays from 9:15 a.m. to 1:15 p.m.; open Fridays from 1:00 to 4:00 p.m.

There are, of course, times when these hours cannot be observed (a *Chamber luncheon, for example, or an* Executive Committee meeting). When this occurs, notice will be placed on the Chamber door.

It's a new start for your Chamber of Commerce. Do drop by and say "hello."

I cannot leave the subject of the office without again thanking those who helped, particularly JUDY and DAVID CASWELL, who donated two afternoons of their weekend to help put the office in order. Bless you both, JUDY and DAVID.

•

It is with deep regret that, at its last meeting, the Board of Directors accepted the resignation of DEBBIE SAXTON (*Carmel Valley Sun*). DEBBIE is leaving because of increasing business pressures and, of course, the new commitments she has made as an elected Director of the newly formed Park District. Although we rejoice in knowing that this means the *Sun* and the typesetting business are growing and expanding, still, we will miss DEBBIE's valuable input as the Board makes decisions that will set the Chamber's future course.

•

By the time you read this, we will have enjoyed the annual Mixer hosted *by JIM CHINN, manager of Mid-Valley* Monterey Savings/Coast Federal, on October 24. Lots of wonderful food, thirst-quenching beverages and, best of all, the finest people in Carmel Valley were there...Chamber members of course.

Future Events:

November 14 – Member luncheon at Carmel Valley Inn. Guest speaker: Chamber member and 5th District Supervisor KARIN STRASSER KAUFFMAN. Reservations are a MUST!

December 5 – Open House for Chamber members at Chamber's new office.

December 19 – Traditional Christmas Party at the Valley Lodge, hosted by SHERI and PETER COAKLEY.

•

President LAMAR has named Good Egg DICK KRUEGER to head this year's Committee (comprised of all previously named Good Eggs) to name the Good Eggs who will be honored at the Chamber's Annual Installation Dinner Dance in January 1986. DICK, who is now with Brinton's, is not going have an easy time simply because the Valley is filled with Good Eggs. If you have any ideas, please contact DICK KRUEGER directly, or call your suggestions in to the office and we'll pass them along to DICK and his Committee.

GOING MY WAY

Travel Tips by Thom Gulliver
Courtesy of Carmel Travel

Whether it's a sailors hornpipe, just a simple ditty, or a rousing chorus from The Pirates of Penzance, music and water—especially salt water—do mix. Ask Mr. Handel.

The cruise lines are certainly mixing the two. As Halley's Comet rushes off into outer space next Spring, sounds of music will come floating over the water. Musical cruises are in!

No matter what your taste in music, there will be something for you. For example, Royal Viking has planned a series of Big Band cruises, featuring the orchestras of such memorable stylists as Duke Ellington, Lionel Hampton, Harry James, Glenn Miller, and Artie Shaw—to name a few.

Paquet Line's newly refurbished (to the tune of $10 million) *Mermoz* will sail from Miami on January 9 for a 13-day music festival with stops in Haiti, Curacao, the San Blas Islands, Panama, and Mexico. Music will be provided by the Polish Symphony Orchestra, pianist Byron Janis, flutist James Galway, and Maurice Andre on trumpet.

Then there is *La piece de resistance* for you classical music lovers. Carmel Travel and Club Discovery invite you to experience the Mediterranean Classical Music Cruise aboard the Royal Viking Sky from May 31 to June 13, 1986.

Your port of embarkation is Venice, Italy, so you will probably want to arrive a few days early to fuly explore this Jewel of the Adriatic. The city seems tc float on the sea; actually, it rests on 118 islands, crisscrossed by 160 canals and connected by 400 footbridges. You can explore this marvelous city on foot or by gondola, visit its Renaissance palazzos, museums, and exquisite churches, and perhaps attend the opera or a concert at La Fenice the night before you sail. DON'T, however, attempt to feed the pigeons in St. Mark's Square, unless you want to become the biraman (or birdwoman, as the case may be) of Venice—it's a strange sight to see a grown man totally covered from head to toe with birds flapping their wings and pecking at his hands. But don't forget Harry's Bar for that bon voyage drink before you sail off into the sunset. Leaving Venice by water as the sun sets behind the cathedral dome is an image you will never forget.

The second day you will be cruising the Adriatic, pampering yourself and

Continued page 14

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Carmel Travel And Monterey Travel Merge

The directors of Carmel Travel and Monterey Travel announce the merger of the two organizations into one corporation, Carmel-Monterey Travel, as of December 31, 1985.

By combining their professional expertise, advanced automation and convenient office locations of the two agencies, the new company will be able to provide more benefits to its clients say members of the Board. The ability to use greater buying power, in this deregulated travel market, will also results in better travel values, they report.

Heading the combined organization will be Jack Dougherty as Chairman of the Board of Directors. Serving with him will be Dennis Garrison, president and Chief Operating Officer and Norman Edwards, vice president-marketing. Art and Marilyn Olsen of Carmel Travel will serve as vice presidents and Board members. Other officers include Bob Foltz Chairman Emeritus of the Board and treasurer.

Clark Coppock, co-founder of Carmel Travel, will set aside his 31 years in the travel industry and start a new career as an administrator with the Monterey Peninsula Unitarian Church.

Monterey Travel was acquired by Bob and Jo Grace Foltz in 1963 and has been a leader in the travel field with special knowledge in air travel. They now have offices in Monterey and on Carmel Rancho Lane at the entrance to Carmel Valley. Carmel Travel was co-founded by Jack Dougherty and Clark Coppock in 1970 and has built a strong reputation in the cruise and leisure travel market. They serve their customers from offices on Dolores Street in Carmel and Mid Valley Shoppin Center in Carmel Valley.

All the offices will continue to operate in their present locations and all of the excellent staff will be retained.

NETWORKING

by Grace Darcy

PWN President CANDACE SNOW (Database), speaking as head of a nominating committee that consisted of herself, JUDY CASWELL (JCS Word Processing), and SUE PARRIS (Telemarketing), presented a slate of nominees for the Board of Directors of the Professional Women's Network of the Monterey Peninsula. They are, alphabetically: SUSAN BLOCH-FARRINGTON, KEDRON BRYSON, GRACE DARCY, JAQUI DAVIS, CAROL DONALD, ELIZABETH FIELD, AGNETA LENBERG, PAM MANGELSDORF, and BETTE PHILLIPS.

The Board of Directors accepted the slate, and the general membership will vote for their choices at the November Network general meeting. May the best women win!

•

The Network had a face painting booth at the Monterey Bay Aquarium's first birthday party, and it was a huge success! Among the Network artists were BETSY HILLS, JEANNIE McGREGOR, KEDRON BRYSON, PHYLLIS KAHN, and ANNE SOLTER. LINDA LUNDY, who planned to be with the artists, took sick, but sent her lovely daughter, TARA, and TARA's friend, SUE, and both of these very young women did a wonderful job. Board member BETTE PHILLIPS kept the money and the records, and we owe a special vote of thanks to Board member BETTY POWELL, who put the whole thing together. One of SUE's face painting specialties was a mermaid. She had just finished painting two of these colorful creatures on the faces of two small children, when their father, a tall gentleman who was quite intrigued with SUE's abilities, sat down and had her paint a mermaid on his forehead. We wonder what his spouse thought when she saw him. It was one of the highlights of the afternoon. Again, a special thanks to BETTY POWELL.

•

The recent marketing meeting conducted by Board member MARTHA ELIN VERNAZZA was a tremendous success. After hearing an exciting talk about marketing by Brigid McGrath Massey, Salinas business consultant, several Network women displayed their prouducts or services for critique. Exhibiting were RACHEL HENIKA (eelskin products), PAM MANGELSDORF (mail order catalog), BUZ LAPHAM (beautiful ceramics), KATHRYN GOLDMAN (Feldenkrais method promotion), and MARTHA ELIN VERNAZZA (hand crafted greeting cards, and a fashion and wardrobe record book). All the displays were carefully studied by those present, and the presenters reported good input from the members. Thanks to MARTHA ELIN for a terrific evening. By the way——MARTHA ELIN announced her engagement to Robert Mountain with the wedding to take place in July 1986. Blessings and congratulations to MARTHA ELIN and her fiance. May joy be theirs now and always.

•

The Network's programs on Radio Station KAZU have been expanded to an hour. The programs air each Tuesday at 11 a.m., so be sure to listen. An upcoming interview that will be of interest to Valley women is NANCY HILL's show scheduled for Tuesday, November 5. She will have as her guest PWN member Rev. ANNE SWALLOW, one of the pastors at the Carmel Valley Community Chapel. Be sure to tune in—90.3 on your FM dial.

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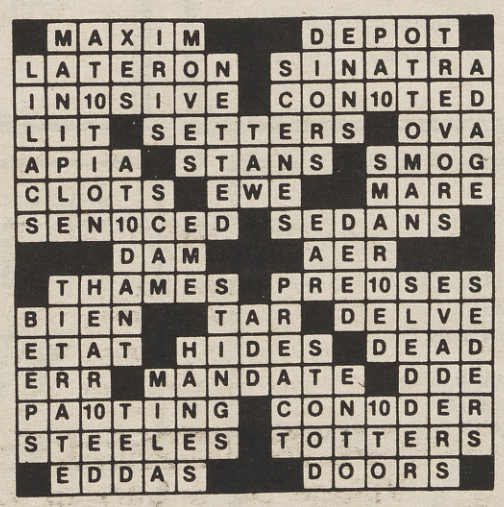

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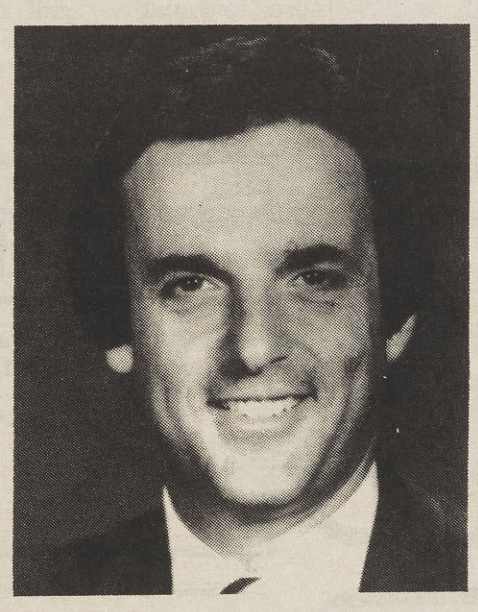

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Answers To Your Questions About Glaucoma

What is glaucoma? Just as the body produces blood, it produces a fluid or liquid inside the eye. Glaucoma is an eye disease in which either too much fluid is produced or normal drainage of fluid does not occur causing pressure to build up in the eyeball.

Who is likely to be affected by glaucoma? The likelihood of glaucoma developing increases after age 35, with the majority of cases occurring in persons over age 60.

What causes glaucoma? The underlying cause is not known, but in some cases the tendency to develop glaucoma is inherited. Injuries, infection or tumors can also cause an increase in the pressure of the eye.

Why is glaucoma harmful to vision? Increased pressure in the eye can damage parts of the eye and cause loss of vision. The longer the increased pressure remains undetected and untreated, the greater the damage and loss of vision.

Will glaucoma cause blindness? Glaucoma can cause blindness if it is not detected and treated early. Vision destroyed by increased pressure in the eye cannot be restored, so periodic examinations are essential, particularly after age 35.

What are the signs of glaucoma? Symptoms of increased pressure in the eye can include blurred vision which comes and goes; seeing colored rings around lights; a loss in side vision; difficulty in focusing on near objects; and pain or redness of the eye. However, many times these signs are not noticeable until damage to the eye has already occurred.

How is glaucoma detected? A good way to detect glaucoma is in a thorough eye examination. The appearance of the optic nerve of the eye and tonometry, a simple and painless test to measure the pressure in the eye, can show the development of glaucoma, often before the patient notices any symptoms.

How is glaucoma treated? When glaucoma is diagnosed, treatment by an appropriate health care practitioner can consist of special eyedrops and/or medicine and, in some cases, surgery.

Can glaucoma be prevented? No, but early detection and treatment can control the pressure in the eye, damage to the eye and loss of sight.

Free Blood Pressure Checks Will Be Held

Free blood pressure clinics will be held throughout the County during November. Community agencies sponsor the screenings to encourage regular blood pressure checks. In Carmel, the dates are Wednesdays, November 6 and 20, from 2 to 4 p.m., at the Red Cross Chapter House, Dolores and 8th Avenue, sponsored by the Central Coast Visiting Nurse Association.

For more information, call the Hypertension Control Coordinator at 373-8943.

Teenage Suicide, A Growing Problem

Every 90 minutes a young person between the ages of 15 and 24 commits suicide. One half of America's teenagers consider suicide by the time they graduate from high school. The alarming rise in the numbers of teen suicides will be the focus of a workshop sponsored by the Salinas Adult School and Planned Parenthood of Monterey County on Friday, November 8, 1985, at the Salinas Community Center. The title of the workshop is *Teenage Suicide, a Growing Problem.* Clinical psychologist James Eddy, PhD will be the featured speaker. Dr. Eddy will discuss theories of suicide; factors which increase risk; and intervention techniques. The workshop will be of interest to teachers, counselors, nurses, doctors, parents and clergy.

Suicide, which now ranks as the third cause of death among adolescents, has prompted Congressman Tom Lantos of California to propose the creation of a national suicide prevention program.

For further information and registration contact the Salinas Adult School, 758-9861, or Planned Parenthood of Monterey County.

Managing Stress Will Be Discussed At Workshop

The Carmel Valley Women's Resource Center will present a series of three workshops on stress management in November. "How to Leap Over Tall Buildings Instead of Off of Them" will be facilitated by Marie Kassin, Human Behavioral Consultant, just in time for those stressed out holidays.

The workshops will be held at the Carmel Valley Women's Resource Center, Pilot Road and Delfino Place on November 13, 20 and 27 from 10 to 12 noon. The fee for the series is $25 or $10 per session.

Pre-registration by November 13 is a must.

Call 659-3445 for more information.

Hurley To Talk On Radio About Recovery

Janet Hurley, MFCC will be featured on KAZU 90.3 FM on Guy Muldaven's "Talk To Me" program. Her topic will be "Issues in Recovery."

The program airs November 4 from 10:30 p.m. to 1:30 a.m.

You can participate in the program by calling 375-3082.

Hospital Offers Stress Management Class

The holiday season, with all its joy, excitement and stress, is just around the corner. To teach people how to manage the hassles in their lives, Community Hospital will offer a stress management class in November.

The four-session, two-week class is scheduled Nov. 5, 7, 12 and 14, but signups are now open. The sessions will help people identify stresses and learn how to manage them for healthy living.

Based on a curriculum developed at Stanford University, the class costs $30, but a sliding scale fee based on income also is available.

For more information, contact Martha Kennifer, R.N., cardiac wellness coordinator, at 624-5311, extension 1018.

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HELP YOUR HEART

American Heart Association

Holiday Health Tips

As Thanksgiving time draws near we begin to look forward to the holiday celebrations that will last through the New Year. All too often the dinners and parties that are part of holiday festivities feature foods and beverages high in fat, cholesterol and calories.

But enjoying the season's merrymaking doesn't have to mean a break from healthy eating habits. This year start the holidays with a promise to yourself to enjoy a healthy and wise Thanksgiving, Hanukkah, Christmas and New Year. It's not so difficult!

Consider the main course of the traditional Thanksgiving dinner—turkey. There are only 163 calories in a three-ounce serving of white meat without the skin. And turkey is relatively low in saturated fats. Skip the gravy or, better yet, learn to make a low-fat version. Approach the dressing with discretion, and enjoy plenty of salad and vegetables.

When you are baking your Thanksgiving pumpkin pie, substitute evaporated skim milk for the regular evaporated milk, and use three egg whites instead of two whole eggs. Instead of whipped cream, top your pie with a low-fat topping: the *American Heart Association Cookbook* contains a tasty recipe for poly whipped topping that is made with non-fat dry milk and contains only 20 calories per tablespoon. You can delight to a scrumptious holiday meal that won't devastate your waistline.

Even if you make it through the Thanksgiving dinner, one of the biggest downfalls in weight control programs during the holidays are cocktail parties.

Whether it's an office get-together, a neighborhood open house, or a family reunion, the refreshments tend to consist of high calorie snacks and alcoholic beverages. Instead of high fat finger foods like cheeses or butter cookies, and highly salted munchies like nuts and chips, treat yourself to fresh vegetables and fruit. Another good tip that will help you avoid overindulging at parties is to move away from the refreshment table. As for alcoholic beverages, don't use the holiday season as an excuse to overdo—not only is alcohol high in calories, but it can present an even more serious, and immediate risk when you mix your drink with driving. If you do want to enjoy a drink, limit the amount of alcohol, and don't drive if you have been drinking.

During the holiday season, family members often join together in the kitchen to create a festive assortment of cookies. The *American Heart Association Cookbook* features several cookie recipes that take into consideration a low cholesterol diet. You will find these goodies a great treat to share with friends and family.

Don't let the holidays become an excuse to let your exercise program fall by the wayside. Include exercise with your socializing. Schedule a date with friends for a walk or run. Go ice skating or roller skating with the family. Enjoy down-hill or cross-country skiing, or sledding. And have a healthy and safe season!

Middle School Sixth Graders Gather With Parents, Teachers And Administrators

A Potluck Dinner was held October 23 for the Carmel Middle School sixth grade. It was a welcoming event held for the students, their parents, teachers and administrators.

Welcoming speeches were given by Robert Infelise, Superintendent; Frank Lynch, CMS Principal; and Donna Alonzo, sixth grade counselor. Carol Colter, Director, Carmel Youth Center spoke on behalf of the center and encouraged memberships.

The annual event was organized by Karen Huntington, sixth grade coordinator. Over 200 people attended.

Dance For Heart Entries Available

The American Heart Association will sponsor Dance for Heart on November 9 from 9 a.m. until 2 p.m. at the Monterey Sheraton in Monterey.

Aerobic exercisers can pick up their registation forms at the Central Mission Trails Chapter office at 10 San Miguel Avenue, Salinas, or at most exercise clubs. The entry fee is $10 which entitles participants to receive a Dance for Heart T-shirt the day of the event.

Top fundraisers will win roundtrip TWA tickets for two from San Jose to London, England and World Airways roundtrip tickets for two from Oakland to Frankfurt, Germany. The third highest fundraiser will receive weekend hotel accommodations for two at the Premier Sheraton, Universal City. Participants will be eligible for many other incentives and door prizes.

The exercisers seek sponsors whose pledges are based on the length of time the Dance for Heart participants work out at the event. The event is tailored for people who work out on a regular basis with a dance exercise or an aerobic exercise group.

To enter stop by the local AHA office or request an entry form by phoning 373-0485, 757-6221 or 688-7272.

Lecture Series Features Janet Hurley, MFCC

"Enhancing Love Relations in Recovery", the second in a series of lectures on "issues in Recovery" by Janet Hurley MFCC, will be presented by Beacon House, Nov. 10, 6-9 p.m., at the Pacific Grove Community Center, 515 Junipero. Cost is $6 at the door with the proceeds benefiting Beacon House. Call 372-2334 for information.

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1. *Contact* — Carl Sagan
2. *Aristocrats* — Robert Lacey
3. *October Blood* — Francine du Plessix Gray
4. *Watson's Apology* — Beryl Baindridge
5. *Passin' Through* — Louis L'Amour
6. *Born to Win—A Lifelong Struggle to Capture the America's Cup* — John Bertrand
7. *The Immigrant's Daughter* — Howard Fast
8. *Fighting Fear* — Fredric Neuman
9. *Dancing in the Light* — Shirley MacLaine
10. *Return Trips* — Alice Adams
11. *Lake Wobegone Days* — Garrison Keillor

THE BOOKWORM

by Mary Berta

As we've mentioned previously, children with a learning difficulty, whether it be caused by a lag in maturation (developmental), or by a specific language disability, suffer both internally and externally.

Internally the suffering may take the form of low self-esteem, the feeling that they are to blame, or that something is wrong with them. They may become very angry and lash out at everyone at school and at home, or withdraw into themselves. Sometimes they write tiny letters in an attempt to hide their inability to spell, or they may purposely scrawl or dig holes in their papers. They are extremely anxious. Quite often they are perfectionists, unable to bear making a mistake, saying, "I don't care.", or "This work is boring." or "I'm getting out of this class." Even though they are trying their utmost, the work is difficult for them, so they often dissolve into tears, act defeated or refuse to work because it's too painful to admit that they don't know how to do it. This attitude becomes a "self-fulfilling prophecy". If these children tell themselves often enough that they can't do it, then they effectively block their learning or any attempt to aid them. Another ploy is making excuses to avoid making a beginning to remediate the problem. "I'll do this with or in _____ (someone else or somewhere else), or "I'll do this next month." etc. These children see their classmates succeeding, whereas they are not. It's no wonder that they are upset and feel betrayed.

Externally, they suffer from cruel remarks made by other children. Already super-sensitive by their lack of success, it doesn't take much to deeply wound them. Still another form of trauma is the disbelief of parents and some teachers. Sometimes these remarks are heard: "Oh, he or she is just lazy or careless." "If only he or she would listen and pay attention...," (To the child: "Well, you knew this yesterday, why don't you know it today?") All this is happening when the child really can't do what he or she is being asked to do. These kind of children may become a social outcast or a behavior problem, acting out their inner frustration and anger.

What about the feelings of parents whose child showed great promise in the pre-school years (verbally expressive with a high vocabulary, average to high intelligence) yet, when faced with the work in the classroom, is unable to do the work except at a very low, minimal level, much lower than is expected for a child of that age? There's a gap between the child's achievement and potential ability. It's not uncommon for parents to experience feelings of guilt, anger, severe anxiety, panic, frustration or fear that they may have done something to cause the problem, or helplessness. These deep feelings may arise because of the child's behavior, lack of organization, distractibility, supposed laziness, uneven performance (knows something now, but not later on), inability to listen and follow directions or to read and follow directions. Parents become helpless and emotionally drained. They may say "Why me?" or completely deny that the child has any problem, again, because it's too painful to admit it.

Next month we'll talk about ways to alleviate these anxieties. Please call 659-2305 if you have a child who needs special help. It takes time to learn, and the time to start is now.

Travel Continued From Page 10

tempting your palate with the gourmet delights constantly before you. You will sail along the Dalmatian Coast and dock the next morning at Dubrovnik, Yugoslavia. Here you will see a blend of Medieval, Renaissance, and modern life. You can visit Franciscan and Dominican monasteries inside the Old City's massive walls and tour high above the city on the "Panoramic Road" which gives you a spectacular view of this beautiful coast.

Day four, you sail around the boot of Italy, arriving the next morning at Catania, Sicily. This resort city offers superb beaches at the foot of Mt. Etna, where you can spend the day sunning and swimming. (If you feel a pinch under the water, remember there are probably no crab or lobster within miles. It is just a national pastime in these waters.) It is probably safer, but less fun, to visit the village of Taormina, a town halfway up the mountain atop sheer cliffs dropping to the sea that is noted for its music festivals.

During the night you sail to Naples, where the sixth day can be spent eating spaghetti covered with marinara sauce or visitng Pompeii (covered with volcanic ash) or touring the Amalfi Drive to Sorrento—it will remind you of Highway 1 between Carmel and Big Sur—or taking a hydrofoil to Capri in the Bay of Naples. CAUTION! Do not swim into the Blue Grotto on Capri (pronounced Cap'ri) by yourself—those Italian boys have chased all the crab and lobster away.

Up to this point, the classical musical interludes on board will have been provided by Abbey Simon, pianist; Charles Castleman, violinist; Bert Lucarelli, oboist; and the Alden Ensemble. But at Naples, Florence Quivar will join the ship for the rest of the cruise. Miss Quivar is a member of the Metropolitan Opera and internationally known for her appearances at the Paris Opera, Covent Garden, Deutsch Opera, Berlin Opera, as well as appearances at the Colon in Buenos Aires, the Chicago Lyric, and various festivals in France, Austria, and Germany.

The ship next spends two days in Civitavecchia so you can take a side trip to Rome. (CAUTION! Beware the Via Veneto if you are shy about being pinched.)

The next stop is Villefranche on the French Riviera, which is much safer. You stay here for two days, so that any money you lose at the Casino in Monte Carlo on the first night, can be won back on the second. However, if you are not a gambler, there are many fascinating sights in nearby Nice or Cannes, or maybe you would like to compare the cuisine of the Royal Viking Sky with that of the famed Hotel de Paris.

Day twelve the ship backtracks to Italy, docking at Livorno. (Perhaps this is your chance to throw CAUTION to the wind.) You can take a side trip to Pisa to lean against their tower or, if you just have to see David again, you can take a quick trip to Florence.

Day thirteen finds you at sea again doing all those things you wanted to do before, but didn't have time. You might even attend the afternoon classical music concert, because at 8:00 a.m. on the fourteenth day, you dock at Barcelona. After disembarking, you can run to get seats for the opera or ballet at the Liceo, or maybe by this time you're ready for the bullfights. Ole!

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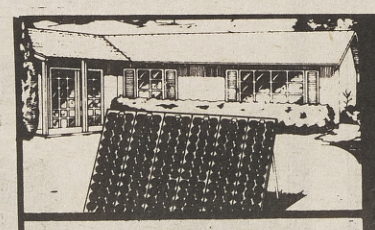
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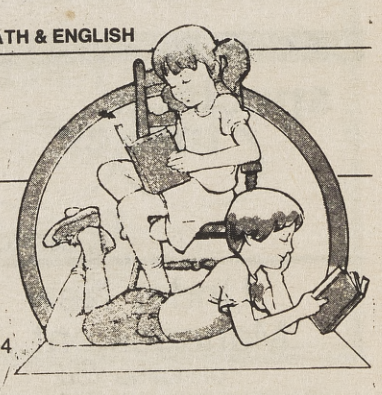
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WHERE THERE'S SMOKE

Firefighters save lives, but they need training and practice, too! During the month of October firefighters from both Carmel Valley and Mid Carmel Valley Fire Departments held a special type of fire drill, to simulate search, rescue and escape procedures involved in fighting a structure fire. The realistic drilling involves the use of a 40 foot smoke maze trailer, which can be conformed into many maze like tunnels. firefighters, fully donned in protective clothing and breathing apparatus crawl through the completly dark, 3'x3' tunnels, with simulated rafters, obstacles, ladders and doors, covering two levels of the 40 foot trailer. The smoke maze has a control panel which indicates with lights, the location of the firefighter as he passes through the maze, and, has two way speakers located throughout the maze so the firefighter can be both heard and talked to.

The 40 foot smoke maze trailer is the property of a Joint Powers Agreement (JPA) formed by local fire departments to provide specialized fire training equipment, that would be otherwise, too expensive for any one fire department to purchase. The JPA membership currently consists of eight local fire departments. The smoke maze took two years to construct and was built by JPA members at a cost of $15,000. Other JPA equipment includes a 40 foot portable training tower, fire simulator, video equipment and a library of audio visual training aids.

"Fire Drills Save Lives" was the 1985 national theme for Fire Prevention Week, October 6-12th. Fire Drills are a key element in fire safety in the home, at work and at school.

People think fire will never happen to them—it always happens to someone else. But statistics show that 7,000 people lose their life each year to fire in the United States, and billions of dollars in property loss and damage result from fire as well. It is not always someone else.

People need to know what to do in advance—how to act if there is a fire. What is this planning and practice called? A fire drill, and fire drills save lives.

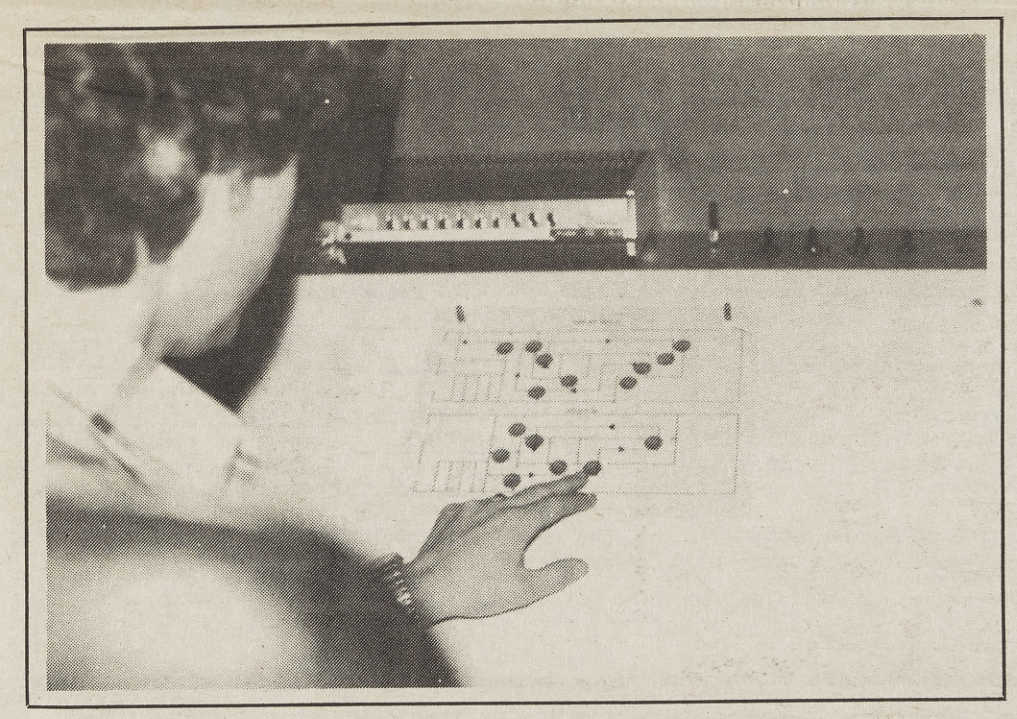
There are many elements involved in providing a fire safety plan, of which the fire drill is one. First, eliminate fire hazards and inspect for them on a regular basis. With each season of the year, new types hazards are created. For example, the Fall season indicates its time to clean your chimney, inspect your heating system, keep portable heaters away from combustibles such as curtains and furniture, always have a screen in front of your fireplace and when you clean your fireplace, place the ashes in a metal container and take them immediately outdoors to a safe spot.

One element of a fire safety plan that is important every day and night throughout the year is the Smoke Detector. But just owning a smoke detector will not insure early warning—you must keep it in proper working order. Battery operated detectors should be checked every month and the battery needs to be replaced at least annually. The early warning of fire provided by a smoke detector can give adequate time to escape, which brings us to our theme "Fire Drills Save Lives."

Before you can drill, you must have an escape plan for your home, work or school. An adequate fire escape plan shows two exits from each room. If windows are used as exits, be sure they can be easily opened and if they are up high, provide an escape ladder. Have a designated meeting place outside where the family will meet for a head count. No one should re-enter the home. The fire department should be called from a nearby telephone. Know how to report a fire emergency, state the address of the fire including street name and number and the city, give your name and the telephone number from which you are calling. Answer all questions before you hang up.

Once you have completed your plan, hold a fire drill at least every few months. Have everyone go to their room and shut the door. Someone activate the smoke detector. Each person should test their door—if it is hot, do not open it, use the second exit. Crawl under smoke. Meet at the designated meeting place and assign someone to call the fire department—practice what to say when reporting a fire emergency.

Every year local fire departments hold fire Prevention Week activities with the schools. School children are well educated on the many elements of fire safety but may rely on their parents for the actual implementation of a fire safety plan. Fire safety is something that should involve the entire family. If you would like fire safety information or assistance with a fire safety plan for your home, work or school, contact your local fire department.



Captain Jim Smith monitors a firefighter going through the maze. The panel shows the areas that "doors" are located and light up when the firefighter reaches that section.

The Grand Prize winner of the Fire Prevention Week Poster Contest at All Saints School in Carmel Valley is Amy Williams, age 10. Her poster shows a family who used an escape plan to escape from a fire. The poster contest was sponsored by the Carmel Valley Branch of Coast Savings and Loan and the Mid Carmel Valley Fire Department.

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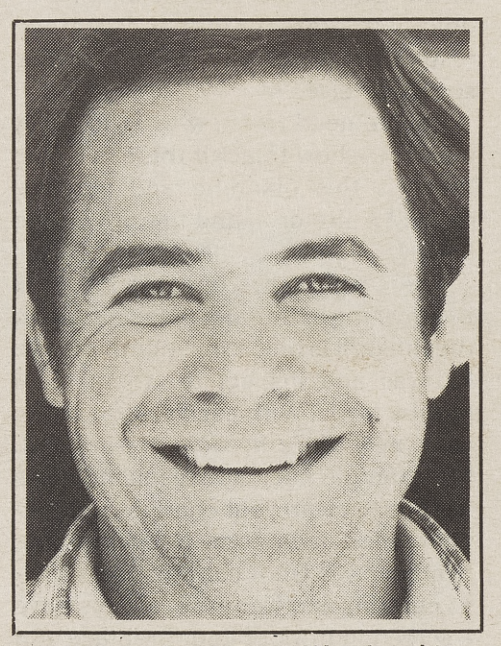
VALLEY VOICES

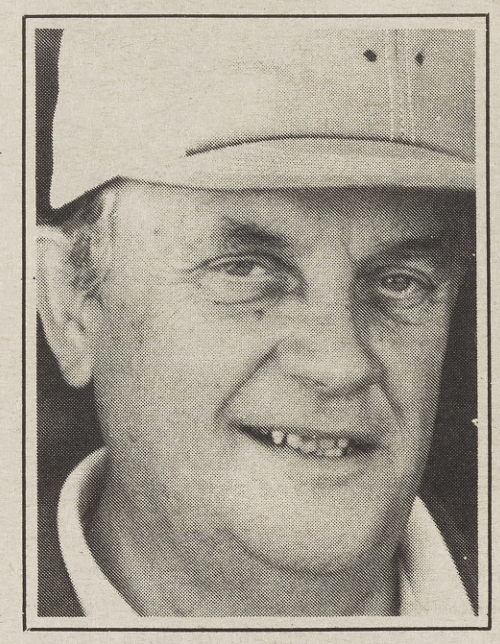
Photos by Debi Effron.

What was your favorite Halloween costume when you were a kid?

Jackie Stern—Oak Deli
"The Rice Krispies characters; Snap, Crackle and Pop, and that's going back to the parades in the late 30's.



Tom Ewen—Tom Ewen Woodworking
"I always liked being a ghost."



Winston Elstob—Star Refinishing
"I don't remember wearing costumes at Halloween. I do remember my older brother hiding in the bushes while he made me go up to the houses for trick or treat."

Rosie Wray—Kasey's
"A clown costume. I liked all the different faces you could make up as a clown."

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TRADING POST

SERVICES

Judy Rowley's Home Animal Care visiting pet care while you're away. 659-4609.

Furniture refinishing & repairing, antiques & modern, complete restoration, kitchen cabinets. Pick-up & delivery. Star Refinishing Co. 1-Delfino Rd. C.V. Village 659-3019.

Monterey Bay Carpet Care. Conscientious carpet & upholstery cleaning. Look for *display ad page 6.* 659-5646 & 646-4552.

HAIR! HAIR! Mary Luster and Merry Lou Hendley (formerly with Patti's Hair Fashions) have moved to Shangri-La 625-1199 Carmel Rancho Near Brintons.

FOR SALE

Chinese Shar-pei. Rare, beautiful, registered, show potential puppy. Photos 916-331-6018.

AVON Open House. Come preview Avon's fantastic X-mas line. Something for everyone on your gift list. Fri., Nov. 1, 10 a.m.-9 p.m.; Sat., Nov. 2, 9 a.m.-8 p.m. at the Days Inn, 1400 Del Monte, Seaside. Public invited.

RENTALS

Weekly rentals $225-up. TV, pool, etc. Robles del Rio Lodge 659-2265 or 659-3705.

PETS/&LIVESTOCK

AQHA gelding 7 yr. excellent jumper good on trails 384-3634. evenings.

Classified Advertising

Ads run $1 per line

HELP WANTED

Domestic help needed. call 659-5567.

Mid Valley church seeking salaried nursery attendant. 1-2 hours each Sunday morning. Call Bonnie Frisk-Dombrowski 659-2526.

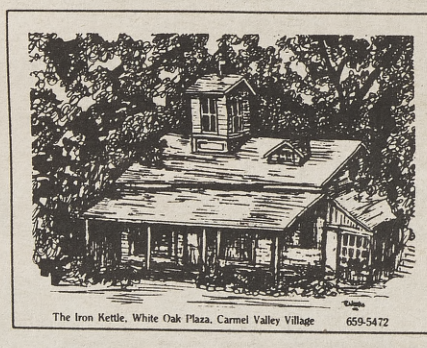
Shelly's Kitchen
EST. 1975
Serving American, Italian, Oriental & Jewish Cuisine

Did you know?

* We are the oldest, local **non-smoking** restaurant
* Whenever possible we use our **homegrown** produce & eggs
* Our **from-scratch** recipes are created by Shelly
* We are cosy & quaint—a **home-like** atmosphere.
* We have **new menus & new hours**

LUNCH: Mon-Fri 11:30-2:00 DINNER: Thur-Fri 5:30-8:30

13 W. Carmel Valley Rd., Carmel Valley Village
659-2792, 659-3601 Reservations Advised


The Iron Kettle, White Oak Plaza, Carmel Valley Village 659-5472

IRON KETTLE
LUNCH 11-2:30/TEA 2:30-5/DINNER 5-8:30
CLOSED MONDAYS

Homestyle Lunches
Devonshire Tea
tea, scones, whipped cream & jam

659-5472 Reservations
Also Available for Private Parties
White Oak Plaza, Carmel Valley Village

DINNER IS SERVED

Including Fresh Vegetable Basket with Creamy Dill Dip, Soup of the Day and Tea or Coffee.

Wed.	Thur.	Fri.	Sat.	Sun.	Tue.
30 Ham Patties with Orange/Celery Sauce Savory Brown Rice & Lima Beans	31 Australian Baked Chicken Banana & Pineapple Fritters	1 Red Snapper in Tangy Vegetable Sauce OR Chicken Breast Chablis on Bed of Steamed Rice	2 Lamb Curry with West African Fruit Vegetable & Condiment Buffet	3 BRUNCH Served 10-2	5 Roast Beef Marinade Carrot & Fresh Peas Medley with Baked Potato
6 Chicken Breast Chablis with Caribbean Rice & Fresh Peas	7 Fennel Roast Pork with Creamed Green Beans & Baked Potato	8 Catch of the Day OR Chicken Sauterne with Eggplant, Zucchini & Tomatoes	9 Burgundy Beef Loaf with Small Whole Carrots, Onions & Sauteed Mushrooms	10 BRUNCH Served 10-2	12 Roast Veal Rosemary, Green Beans with Slivered Almonds, Creamed Potatoes

*Tossed Salad Substituted for Vegetable Basket